



TO: Cross Country Coaches and Activities Directors
FROM: Ben Kvdt - Meet Manager
DATE: October 9, 2021
RE: 48th Annual Lions Cross Country Invitational "Meet of Champions"

We are again extremely pleased that you have given us a commitment to participate in the 48th Annual Lions Cross Country Invitational "Meet of Champions" scheduled for Saturday, October 9, 2021 sponsored by the Alexandria Lions Club. Every attempt is being made to ensure the success of this meet for you and your runners.

TEAMS ATTENDING

Alexandria	Albany	Becker	Buffalo
Chanhassen	Chaska	Detroit Lakes	East Grand Forks
Edina	Farmington	Fergus Falls	St. Paul Highland Park
Little Falls	Marshall	Mounds View	New London-Spicer
Pequot Lakes	Rocori	Roseville	Sartell
Sioux Falls Washington	St. Thomas Academy	Staples-Motley	Stillwater
Thief River Falls	White Bear Lake	Willmar	Windom

COURSE

The meet will again be run at Arrowwood Resort and Golf Course which is located approximately three miles north of Alexandria on Lake Darling. We ask that all runners stay out of the lodge unless their team is specifically staying there. The men's and women's varsity and junior varsity races will cover a 5,000-meter course, and the junior high girls and boys will compete at 3,200 meters. The option for coaches to put their 9th graders in the 3200 is permitted. 6th graders must run in the 6th grade race.

Just a reminder the starting line is at the top of the course. We will continue to have the finish down by the lake. Maps will be in your packet the day of the race. Camps will not be permitted on the golf course. The area around the tennis courts, starting line, woods or the finish area are the designated campsites.

TIME SCHEDULE

9:45 a.m.	Meeting of all workers
10:00 a.m.	Coaches meeting in hospitality tent
10:10 a.m.	6 th Grade race (boys and girls)
10:30 a.m.	Girls' Junior High race
10:50 a.m.	Boys' Junior High race
11:15 a.m.	Girls' Junior Varsity race
11:55 a.m.	Boys' Junior Varsity race
12:30 p.m.	Girls' Varsity race

HELPING MAKE STUDENTS THE BEST THEY CAN BE

Alexandria Lions Cross Country Meet

at
Arrowwood Resort

5K Course

--- 2 Mile Course

— 5K Course

5K runners run the part
of the course marked in
red two times.



Lake Alvin

Lake Darling

START

FINISH

Water
Park

Lobby

5K

Arrowwood Drive

Arrowwood Ln

Arrowwood Ln

Arrowwood Ln